

# Grow a Garden

sowing, growing and harvesting tips  
third edition



Compilation & Text  
**Manorama Joshi**  
**Sunita Rao**

Illustrations  
**Sushama Durve**

Concept  
**Aparna Chivukula**  
**Manjusha Muthiah**

Graphic design  
**Vinod Sebastian**

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Dear Gardeners,

We are happy to bring you our third edition of a revised compact visual guide to planting and growing a food garden at home. This booklet has been in response to the numerous queries we have received from amateur and experienced gardeners over the years. We have consulted with Malnad master gardeners to gather the information and traditional knowledge for this compilation. You can find here information on

- . when and how to plant your organic, open pollinated seeds and tubers
- . transplanting details
- . harvesting
- . FAQs
- . planting calendar

This booklet covers 38 vegetable, tuber and flower species complete with botanical illustrations. The section on tubers encourages food gardeners to experiment with and grow these resilient but forgotten food crops.

Grow a garden, cultivate a future!

The Vanastree Collective  
Sirsi, Karnakata India

*Send us your feedback to [vanastree@gmail.com](mailto:vanastree@gmail.com)*

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# FAQs

## What is hybridization?

Hybridization is the cross pollination of plants, resulting in new varieties.

**Natural Hybridization** is one of the origins of diversification within species. This stabilizes over several generations giving rise to stable, open pollinated varieties.

**Modern Hybridization** is the purposeful crossing of plant varieties with desirable qualities evidently in order to “improve” them. It is done by selection of certain traits over several generations. It has become a ploy used by seed companies to ensure proprietary and breeding rights over the varieties developed by them, thus monopolising the market. The process renders future generations of those seeds almost sterile or unusable, since undesirable variations show up. Modern hybrid seeds cannot be saved and re-sown. Farmers and gardeners have to buy fresh seeds from the seed companies year after year, thereby incurring high costs.





### **What are open-pollinated seeds?**

Open-pollinated seeds are traditionally bred seeds, which have been developed by farmers in an open, natural environment. They have been preserved for millennia, and can be saved, sown and reproduced by anyone, thus allowing farmers and gardeners independence from seed companies.

### **What are organic seeds?**

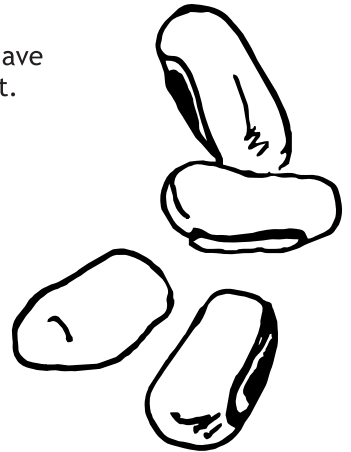
Organic seeds are seeds grown in healthy, living soils built up entirely with natural inputs like compost and mulch. They are produced with absolutely no use of synthetic fertilizers and pesticides and are not genetically modified.

### **What are climbers and shrubs?**

Climbers are plants that are vines and need support. Shrubs are plants that grow erect and do not need support.

### **What does it mean when a plant is 'self seeding'?**

Self seeding is when a plant disperses its seeds such that offspring come up in the vicinity of the mother plant. So the seeds need not necessarily be replanted by the gardener. Cosmos is an example of a self seeding plant.



### **What is transplanting?**

Transplantation is a process where a plant is uprooted from one place and planted in another. Small seeds like those of amaranth, brinjal, chilli, capsicum, and tomato are first sown in seed beds/trays and transplanted later. Larger seeds like those of beans, lady's finger, pumpkin, cucumber and gourds can be directly planted. It is important to transplant carefully so the roots are not damaged. This is usually done when 2-4 true leaves appear on the seedling.

### **What is mulching?**

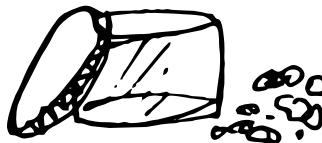
Mulch is a layer of material spread over soil as protection. It helps prevent loss of moisture, prevents weeds from coming up and adds to soil fertility. Mulch could include grass cuttings, hay, coconut/areca husk, leaves, vegetable/fruit peels and other organic material.

### **How much water do plants need?**

Seeds once planted, and seedlings should be watered gently with a watering can. Regular watering is a good rule of thumb so the plant does not droop. Mulching ensures that water is not lost by evaporation. Each plant has its own specific requirement. More watering is required in summer.

### **How must seeds be stored?**

All seeds should be stored in a cool, dry, dark place, preferably in an air-tight container.



# Page Map

CROP NAME — **amaranth**

Varieties: red, light green

ಹರಿವೆ  
(ha-ree-vay)

LOCAL NAME  
(Kannada)

PRONUNCIATION

*Amaranthus cruentus*  
*Amaranthus viridis*

BOTANICAL NAME



SHADE TOLERANCE  
some crops need  
full sun while  
others can grow  
in partial shade

White amaranth  
is self seeding.

Plants are  
somewhat  
drought tolerant  
with healthy soil  
and mulching.



CROP DRAWING

EXTRA TIPS

TIME FROM  
BEGINNING TO  
END OF HARVEST

harvest

Only leaves  
can be  
harvested  
several times  
allowing for  
regrowth

HARVEST DURATION  
90-120 DAYS  
(3-4 months)

45-60  
DAYS (1.5-2 months)

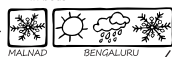
transplantation

Transplant  
in rows 9"  
apart when  
4-6" tall

15-20  
DAYS

sowing  
Sprinkle  
in beds

Germination  
within 8 days



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Time from  
sowing to:

HARVEST

TRANSPLANTATION

GERMINATION

SOWING SEASON



summer | monsoon | winter

# Vegetables

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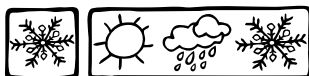
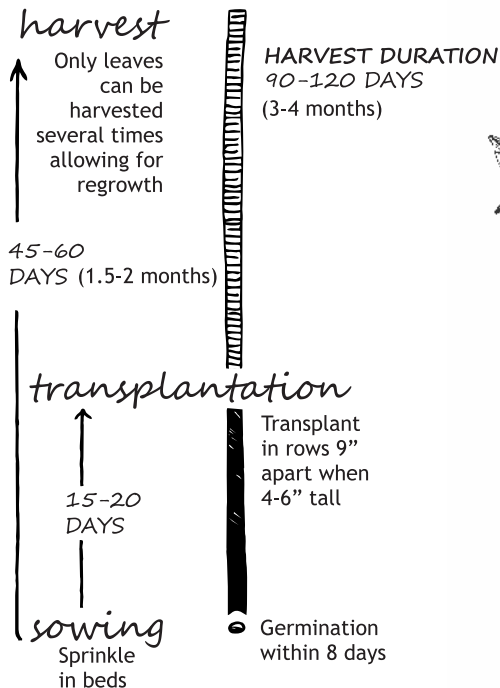
# amaranth

Varieties: red, light green

## ಹರಿವೆ

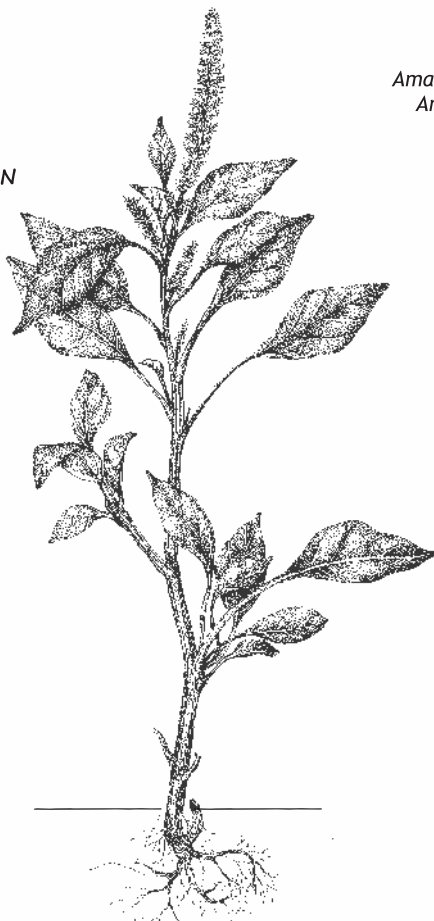
(ha-ree-vay)

*Amaranthus cruentus*  
*Amaranthus viridis*



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BENGALURU



White amaranth is self seeding.

Plants are somewhat drought tolerant with healthy soil and mulching.

# 30 day bean

ತಿಂಗಳವರೆ

(thing-ala-ava-ray)

*Phaseolus vulgaris*

harvest



40  
DAYS



HARVEST DURATION  
30 days

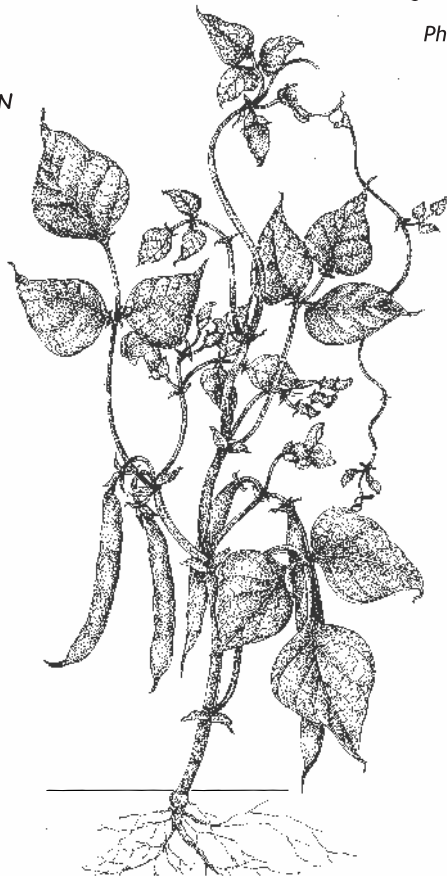
Germination  
within 4-5 days

sowing

In rows 1/2" deep,  
12" apart.  
Stakes needed



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Quick growing,  
popular variety.

# yard long bean

angikase

ಅಂಗೀಕಸೆ

(ang-ee-ka-say)

*Phaseolus vulgaris*

harvest

Upto 100  
pods per  
plant



60  
DAYS (2 months)



HARVEST DURATION  
180 days  
(6 months)

sowing

In rows 3/4" deep,  
8" apart.  
Stakes needed

● Germination  
within 7 days



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Old variety.

Will not yield in  
heavy rain.

Fairly drought  
tolerant if mulched.

# lima bean

ಕಿಡ್ನಿ ಅವರೆ

(kid-nee ava-ray)

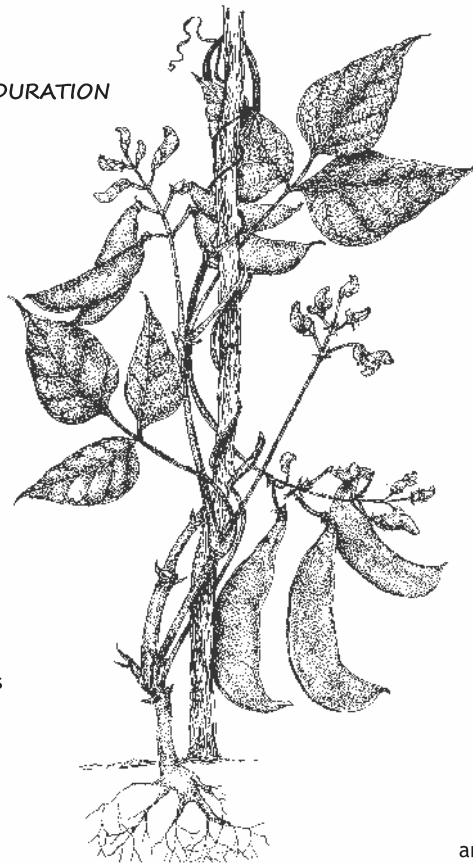
*Phaseolus lunatus*

harvest  
Upto 100  
pods per  
plant  
150  
DAYS (5 months)

HARVEST DURATION  
210 days  
(7 months)



Germination  
within 7 days



sowing  
Direct sowing.  
Grow onto a  
trellis or tree



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The plant is  
dormant during  
the monsoon and  
needs pruning.  
It will grow again  
and yield every  
winter for 3-4 years.

The seeds (not pods)  
are eaten fresh or dried.



# winged bean

ಮತ್ತಿ ಅವರೆ

(math-ee ava-ray)

*Psophocarpus tetragonolobus*

harvest



60-75  
DAYS

sowing

Plant 4-5 seeds  
in a composted  
mound. Grow onto  
trellis or tree

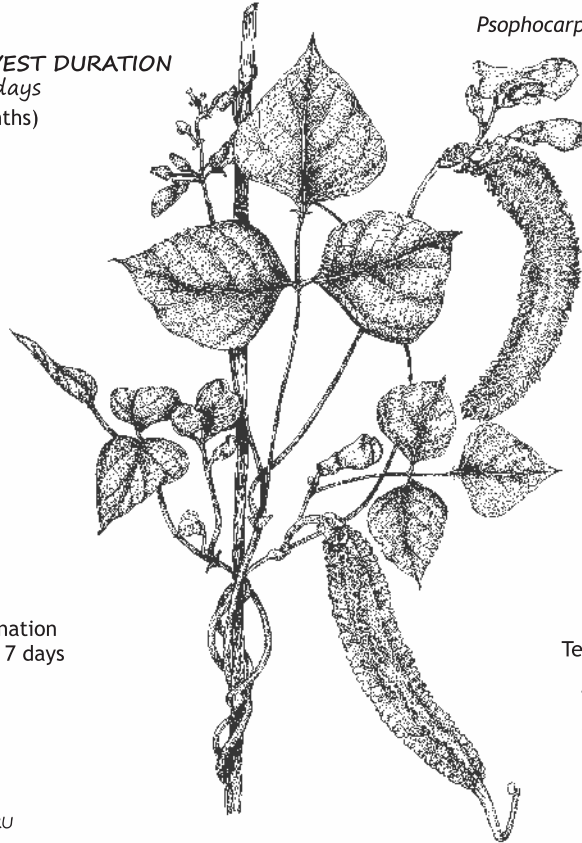


HARVEST DURATION  
120 days  
(4 months)

● Germination  
within 7 days



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Tender beans eaten.

The plant lives for  
5-6 years, yielding  
each season.

Pods are about  
5-6 inches long.

# hyacinth bean

ಬಟ್ಟವರೆ

(bhat ava-ray)

*Dolichos lablab*

↑ harvest  
Upto 100  
pods per  
plant

150  
DAYS (5 months)



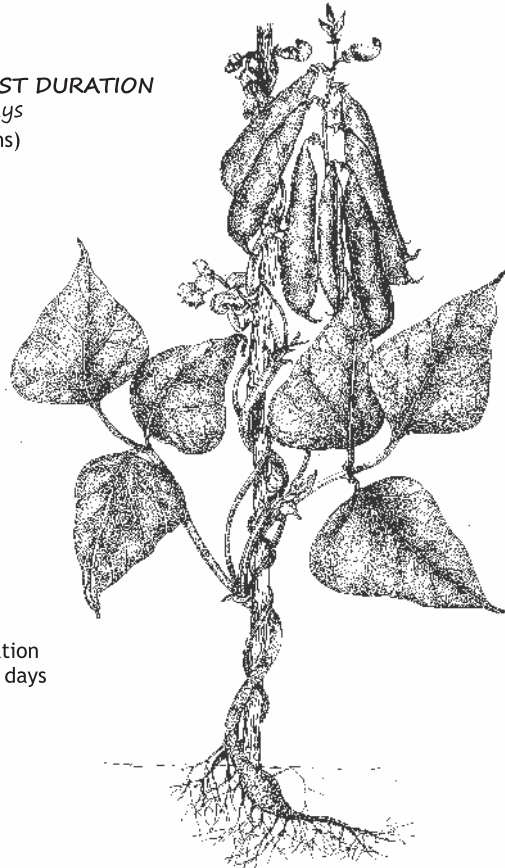
HARVEST DURATION  
210 days  
(7 months)

● Germination  
within 7 days

sowing  
Direct sowing.  
Grow onto a  
trellis or tree



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The plant is  
dormant during  
the monsoon and  
needs pruning.  
It will grow again  
and yield every  
winter for 3-4 years.

The seeds and pods  
can be eaten tender.

Seeds are also  
dried and eaten.

# brinjal

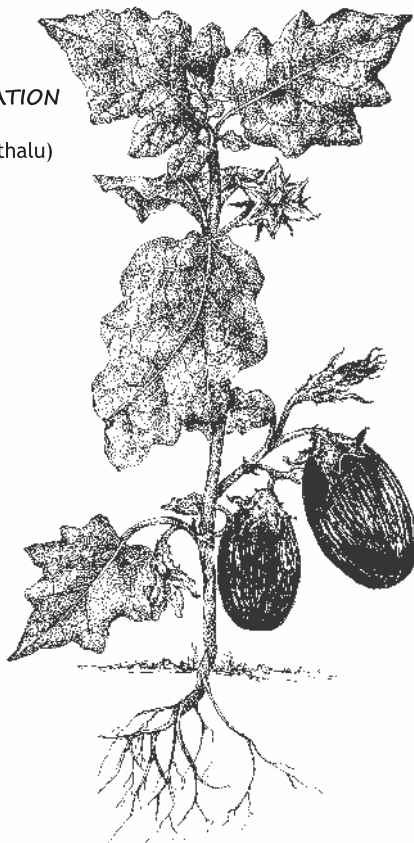
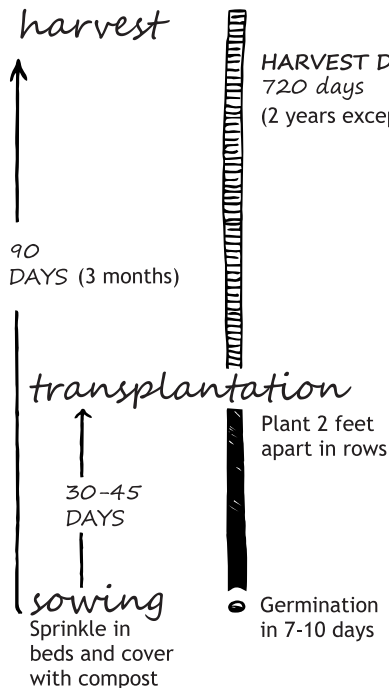
Varieties:

bili, bonda (metre), cholu, daas,  
hithalu, musuku, vadhiraaja gulla

# ಬದನೆ

(ba-dha-nay)

*Solanum melangena*



Brinjal is somewhat  
drought tolerant.

Each plant is known  
to yield upto 50 kg  
of brinjal over a  
period of 2-3 years,  
if cared for well.

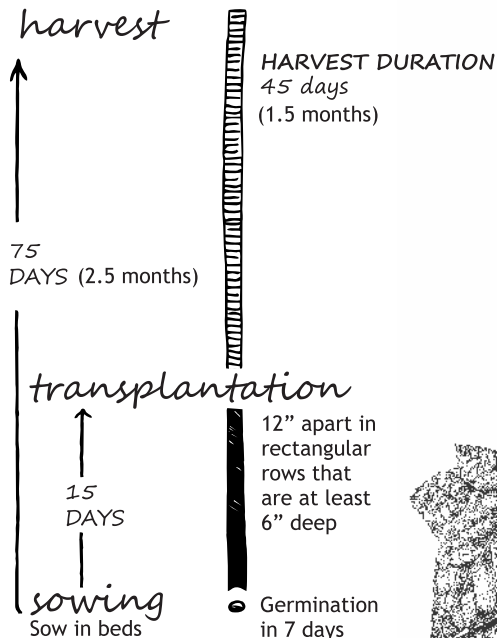


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# maggay cucumber ಮಗೆ ಕಾಯಿ

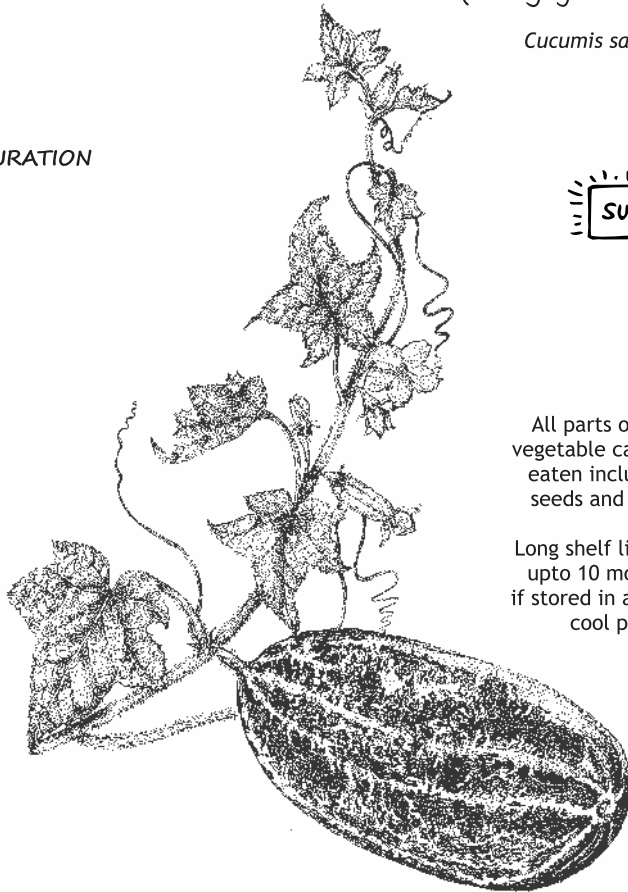
(ma-gay-kaa-yi)

*Cucumis sativus*



All parts of the vegetable can be eaten including seeds and skin.

Long shelf life of upto 10 months if stored in a dry, cool place.



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# spiny cucumber

ಮುಳ್ಳು ಸವತೆ  
(mu-llu sa-va-thay)

*Cucumis sativus*

harvest



60  
DAYS (2 months)

sowing

Direct planting  
6-8" apart  
and train on  
ground  
or trellis



MALNAD

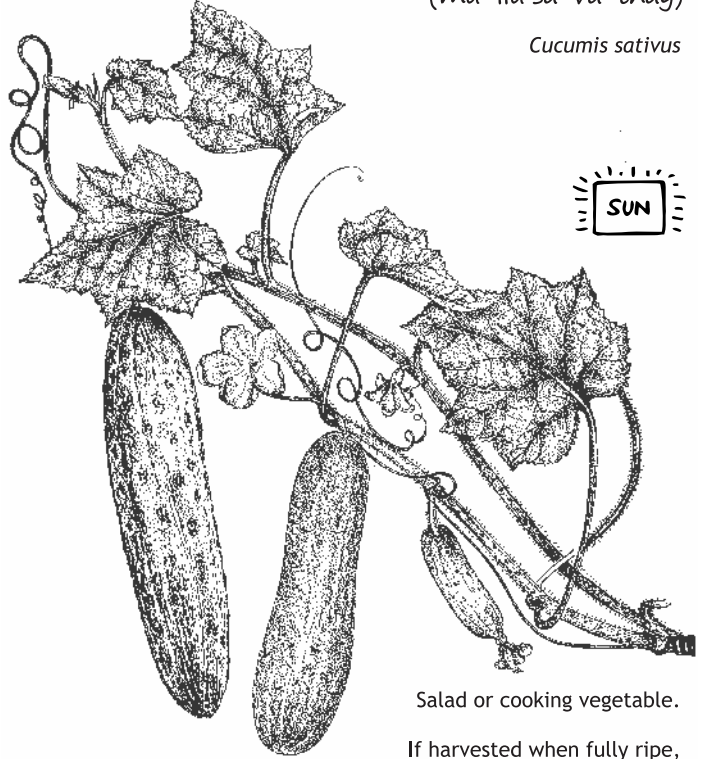


BENGALURU

HARVEST  
DURATION  
60-90 days  
(2-3 months)



Germination  
within 7 days



Salad or cooking vegetable.

If harvested when fully ripe,  
shelf life is 5-6 months  
in a dry place.

Seeds can be made into  
juice which is very cooling.

# yeray cucumber

ಎರೆ ಸವತೆ

(yay-ray sa-va-thay)

*Cucumis sativus*

harvest



60-90  
DAYS (2-3 months)



## HARVEST DURATION

60-90 days

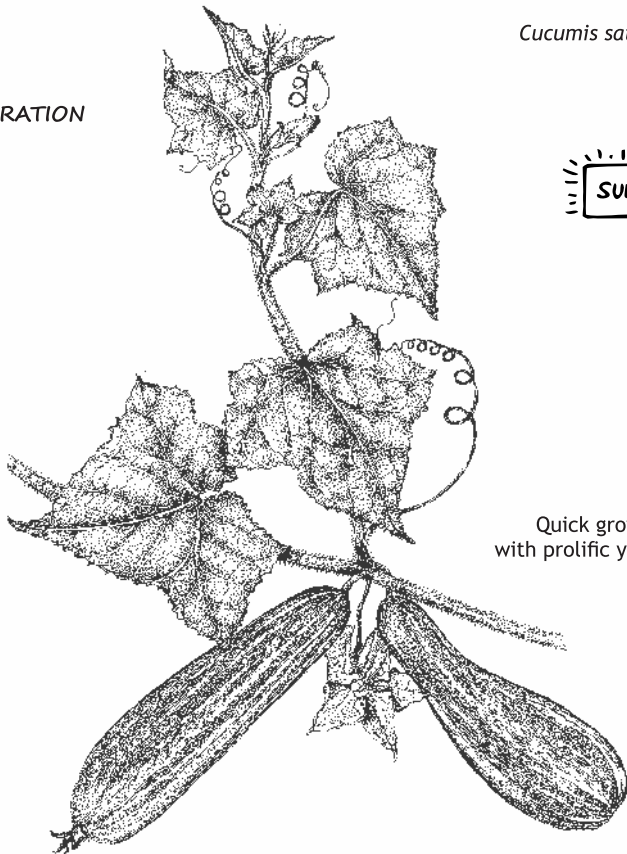
(2-3 months)

Fruits  
throughout  
the year

Germination  
within 7 days



Quick growing  
with prolific yield.



sowing

Direct planting  
6-8" apart  
and train on  
ground  
or trellis



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# chilli

Varieties:

black, bugdi, gokarn, hithalu,  
kutumba, mirchi, rajnelli, sooji, santhe

# ಮೆಣಸು

(men-asu)

*Capsicum annuum*

harvest  
↑  
60  
DAYS (2 months)



## HARVEST DURATION

Can vary from  
3 months to  
1 year,  
depending on  
variety & care

transplantation

↑  
15  
DAYS



Transplant  
in rows 12"  
apart when  
4" tall

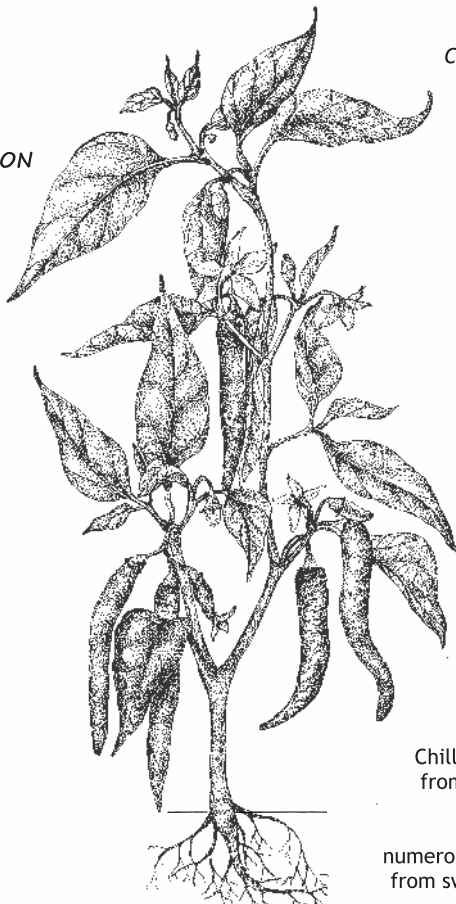
sowing  
Sow in beds



Germination  
within 7 days



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Chillies are originally  
from South America.

The Malnad has  
numerous local varieties  
from sweet to pungent.

# ash gourd

ಬೂದು ಗುಂಬಳ

(boo-dhu goom-ba-la)

*Benincasa hispida*

harvest

Upto 8  
fruits from  
each plant

**HARVEST DURATION**  
90-120 days  
(3-4 months)

90-120  
DAYS (3-4 months)

transplantation

If transplanting,  
take care not to  
damage roots.

sowing

Plant 4-5 seeds  
in well manured  
mounds (during  
rains) or pits

● Germination  
within 7-8 days



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Highly medicinal.

Needs plenty of manure  
and water. Can be trained  
onto the roof or creep on the  
ground. Hand pollination  
is usually needed for fruiting.



# bitter gourd

Varieties:  
bili, gubbi, hasiru

# ಹಾಗಲ ಕಾಯಿ

(ha-ga-la kaa-yee)

*Momordica charantia*

harvest  
↑  
60  
DAYS (2 months)

HARVEST DURATION  
365 days  
(1 year)

sowing  
Plant in rows  
6-8" apart

Germination  
within  
8-15 days



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Cattle don't forage on  
bitter gourd. Can be  
grown on trellis,  
stake or fence.

Plant fresh seeds as  
they are viable for 3-6  
months at the most.

# bottle gourd

Varieties:  
long, tamboora

ಹಾಲು ಗುಂಬಳ

(haa-lu goom-ba-la)

*Lagenaria siceraria*

harvest  
Fruit about  
2-3 feet  
long  
120  
DAYS (4 months)

HARVEST DURATION  
120 days  
(4 months)

transplantation

Take care  
to keep the  
roots intact

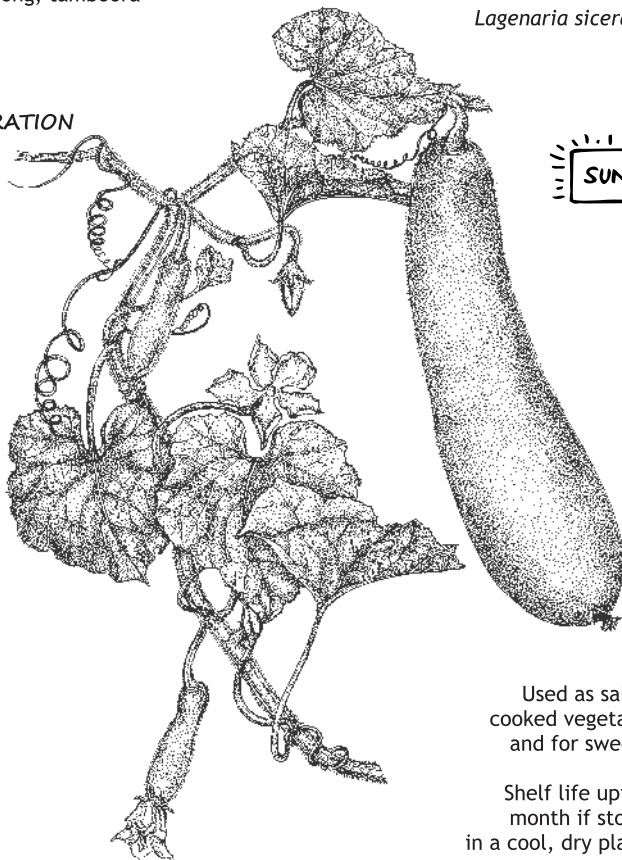
sowing

Plant in manured  
pits (or mounds  
during rains) &  
train on the  
roof/ground

Germination  
within 7-8 days



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Used as salad,  
cooked vegetable  
and for sweets.

Shelf life upto 1  
month if stored  
in a cool, dry place.

# pumpkin

Varieties:  
long, round

# ಉರುಟು ಗೋವೆ

(urutu go-vay)

*Cucurbita maxima*

harvest

Upto 8  
fruits from  
each plant

HARVEST DURATION  
90-120 days  
(3-4 months)

90-120  
DAYS (3-4 months)

transplantation

If transplanting,  
take care not  
to damage  
roots.

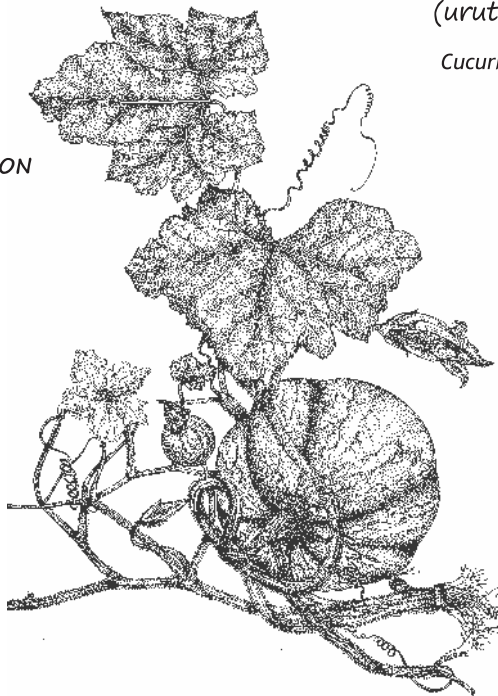
sowing

Plant 4-5 seeds  
in well manured  
mounds (during  
rains) or pits

Germination  
within 7-8 days



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Numerous varieties of different sizes and colours.

Plant needs plenty of manure and water. Can be trained onto the roof or creep on the ground. Hand pollination needed most times for fruiting. Flowers and tendrils (kudi) eaten as a vegetable in gojju, hashi and palya.

Shelf life 3-4 months.

# ridge gourd

Varieties:  
short, medium, long

ಹಿರೆ ಕಾಯಿ

(hee-ray ka-yee)

*Luffa acutangula*

harvest

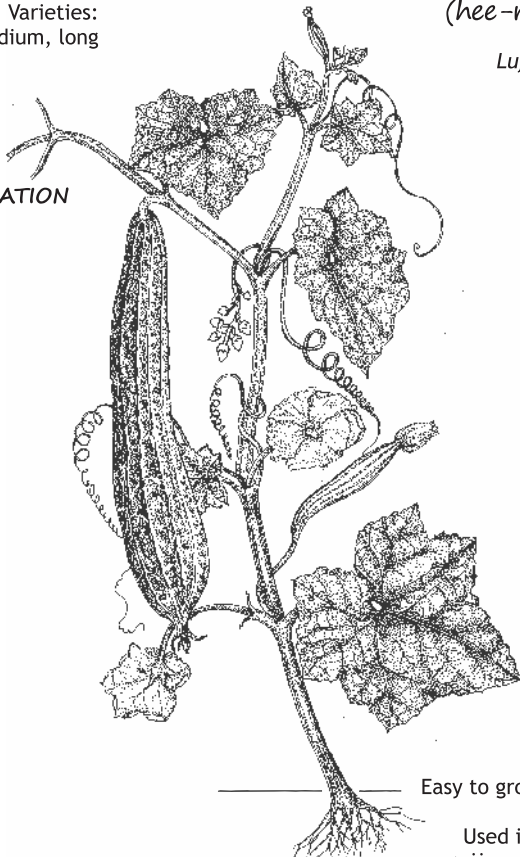


75  
DAYS (2.5 months)



HARVEST DURATION  
60-90 days  
(2-3 months)

Germination  
within 7-8 days



Easy to grow and digest.

Used in soup, dosai,  
gojju, paysa, chutney  
and as vegetable.

sowing

Plant in rows  
8" apart and  
make a trellis



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# sponge gourd

ತುಪ್ಪದ ಹೀರೆ

(thu-ppa-dha hee-ray)

*Luffa cylindrica*  
syn. *aegyptiaca*



harvest



60  
DAYS (2 months)

HARVEST DURATION  
730 days  
(2 years)



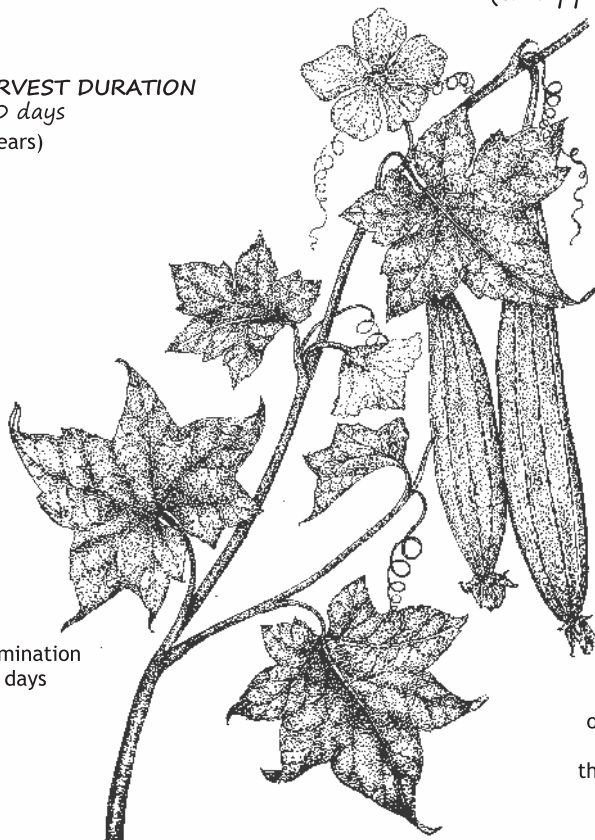
Germination  
in 7 days

sowing

2-3 seeds in a pit  
at the base of a  
tree or support



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Prolific yield,  
and no known  
pests.

When tender,  
can be used as  
a vegetable.

When mature  
and dry, the  
outer skin and seeds  
are removed, and  
the remaining fibrous  
lattice can be used  
as a natural  
scrubber (loofah).

# lady's finger

Varieties:  
gubbi, kempu,  
elu elay, ethinakodu

# ಬೆಂಡೆ ಕಾಯಿ

(ben-day ka-yi)

*Abelmoschus esculentus*

harvest



60  
DAYS (2 months)

sowing

18" apart  
in rows



HARVEST DURATION

90 days  
(3 months)

Germination  
within 10-12 days



Hardy plant.

Cook with tamarind or  
buttermilk to reduce mucilage.

Harvest regularly to keep up yield.



MALNAD

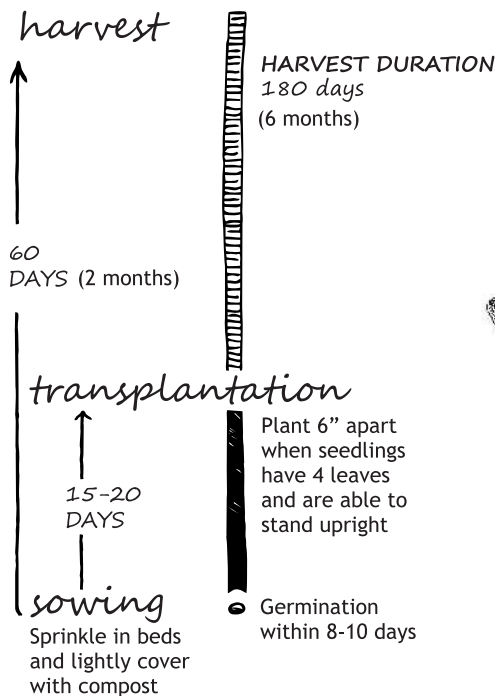


BENGALURU

# purslane

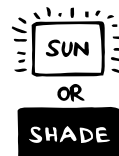
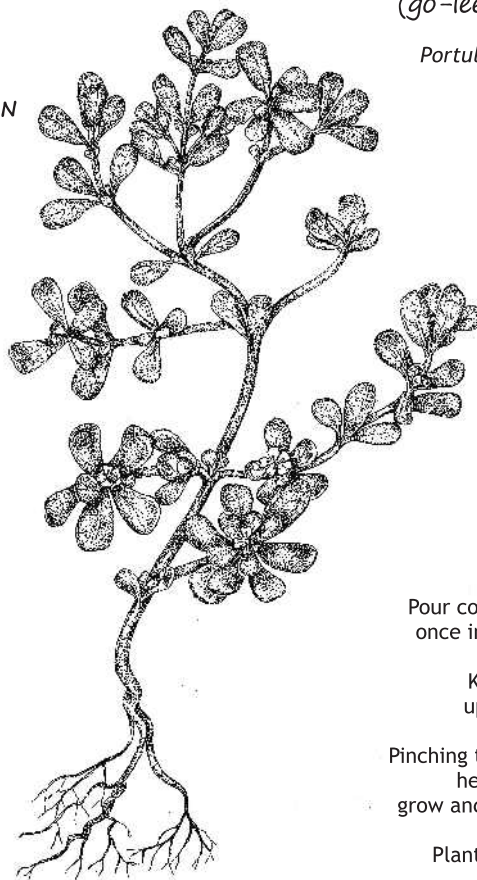
ಗೋಳಿ ಸೊಮ  
(go-lee sop-poo)

*Portulaca oleracea*



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BENGALURU



Pour cowdung slurry  
once in 15-20 days.

Keep earthing  
up plant base.

Pinching tips regularly  
helps the plant  
grow and spread out.

Plant rots in rain.



# malabar spinach

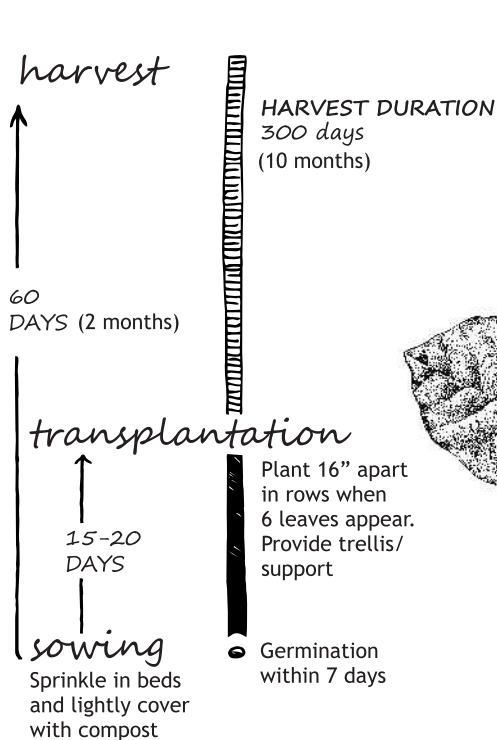
Varieties: hasiru, kempu

ಬಸಲೆ

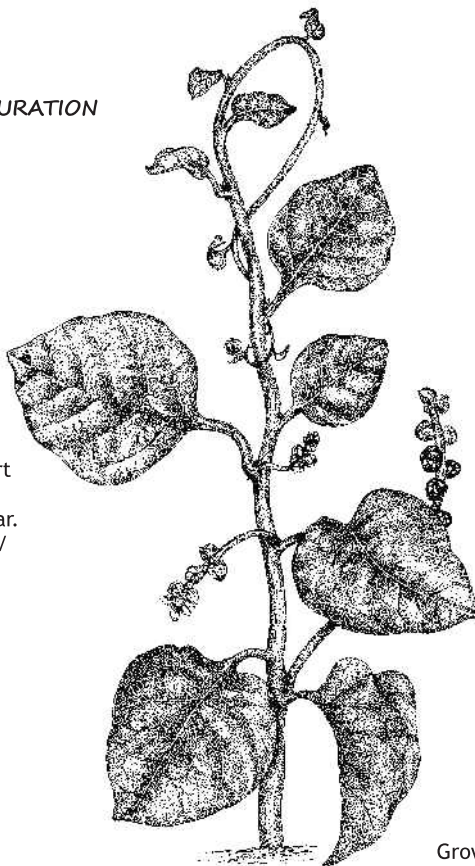
(ba-sa-lay)

*Basella alba*

*Basella rubra*



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OR

SHADE

Plant rich in iron.

Pinching tips  
regularly helps plant  
to grow vigorously.

Grows well at wash  
water outlets  
(chemical free).

Grows from cuttings also.

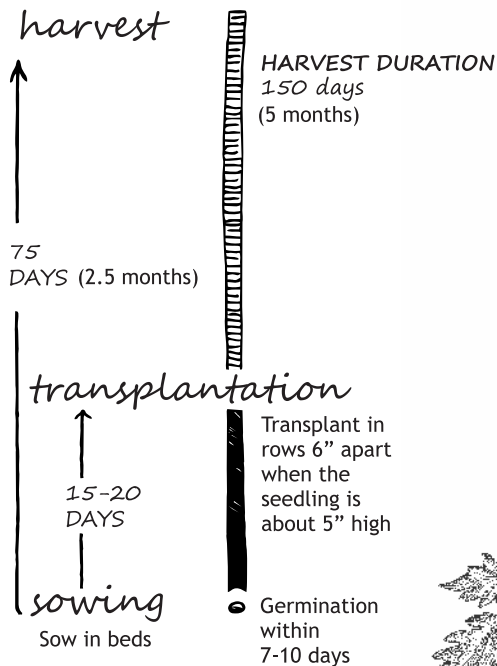


# tomato

ಟೊಮೆಟೊ

(toe-may-toe)

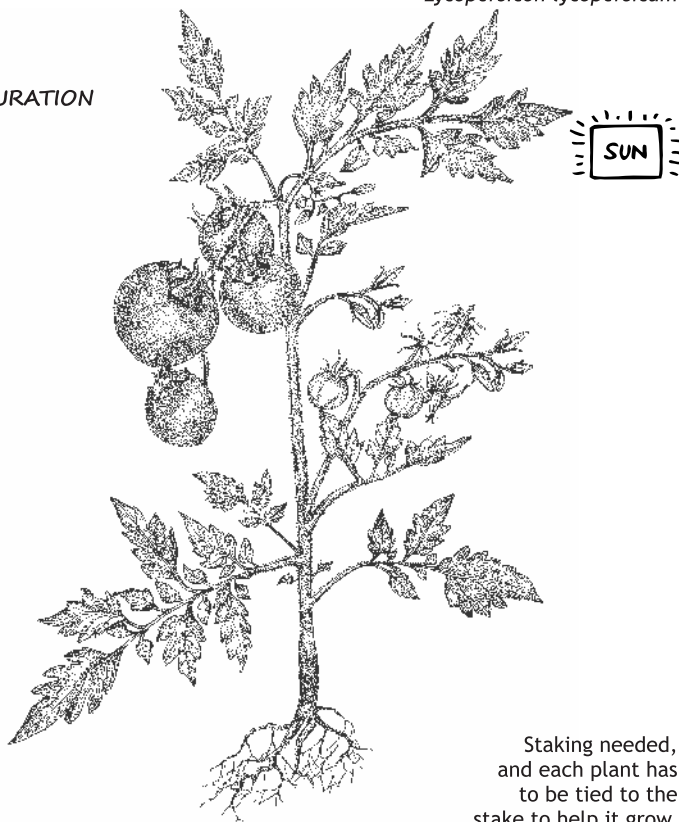
*Lycopersicon lycopersicum*



MALNAD



BENGALURU



Staking needed,  
and each plant has  
to be tied to the  
stake to help it grow.

# Tubers

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Turmeric . . . . .	40
Yam ( <i>Dioscorea alata</i> ) . . . . .	41
Yam ( <i>Dioscorea bulbifera</i> ) . . . . .	42

The generic term “tuber” has been used to cover tubers, rhizomes and corms.

All tubers may be planted in the ground or appropriately sized pots or sacks.  
They store well in the earth.

In open ground, tubers may be grown in spaces using well rings one on top of another to curtail bandicoots.

Unless specified, tubers are harvested on a one time basis.

# arrowroot

ಅರೋರೂಟ್

(aro-root)

*Maranta arundinacea*

harvest



180  
DAYS (6 months)

planting

Direct planting of  
eye buds in  
beds 8" apart.  
Cover with  
compost



Germination  
within 15 days



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SHADE

Tubers harvested,  
ground, and immersed  
in water for 3 days  
to remove bitterness.  
Dried and used as baby  
food or for convalescents.  
Long shelf life.

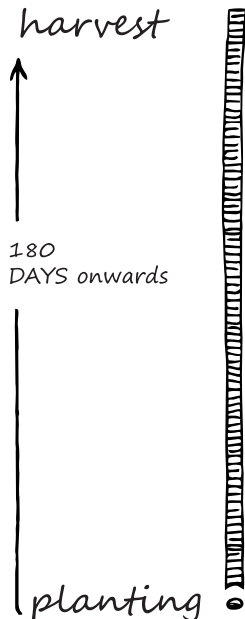
# colocasia

ಕೆಸು

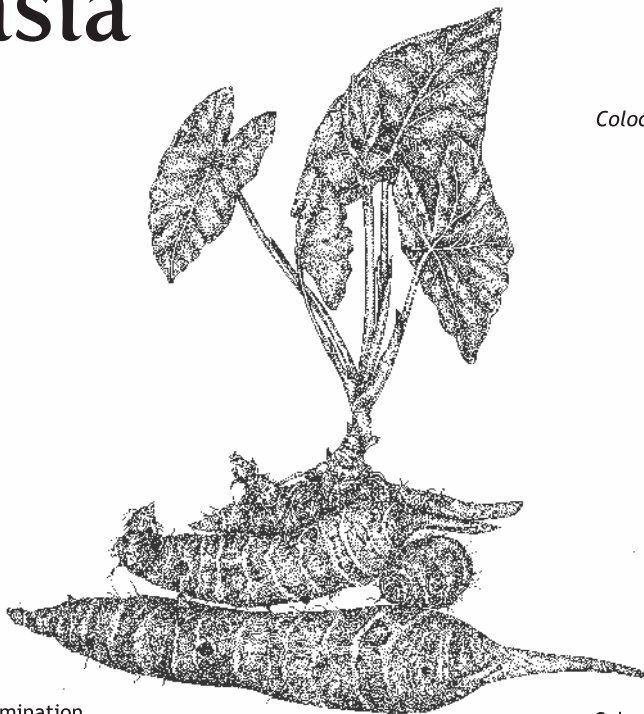
(kay-su)

*Colocasia esculenta*

SHADE



● Germination  
within 15 days



Direct planting of small corms to the side of the main one in beds 8" apart or in 1 foot deep trenches for bigger varieties, covered as the plant grows, with loose soil, compost and ash. Basal topping up and mulching important



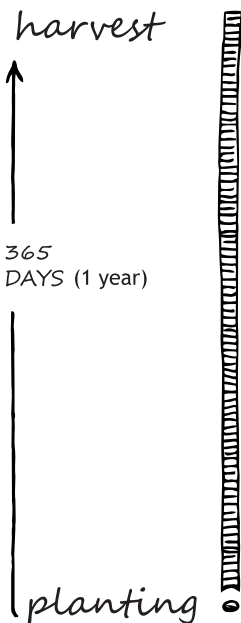
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Colocasia (Taro) has many varieties from small round tubers to 5 foot long ones. Planting method depends on variety. Certain varieties like cheep kesu, mottay kesu & kari kesu need to be boiled in tamarind water to prevent itching in mouth. Shelf life is upto a year or more in a cool, dry, dark place. Leaves of some used to make patrode.

# elephant foot yam

ಸುವರ್ಣ ಗಡ್ಡೆ  
(su-var-na gad-day)

*Amorphophallus* spp.



Germination  
within  
15 days



MALNAD & BENGALURU



SHADE

Corm stores well  
and can be cut in  
segments and used.  
Cooling. Can be made  
into vegetable and sambar.

# ginger

ಪುಂಡಿ

(shoon-tee)

*Zingiber officinale*

harvest



180  
DAYS (6 months)

planting

Direct planting of rhizome eye buds in beds 6 inches apart covered with loose soil, compost and ash. Basal topping up and mulching important



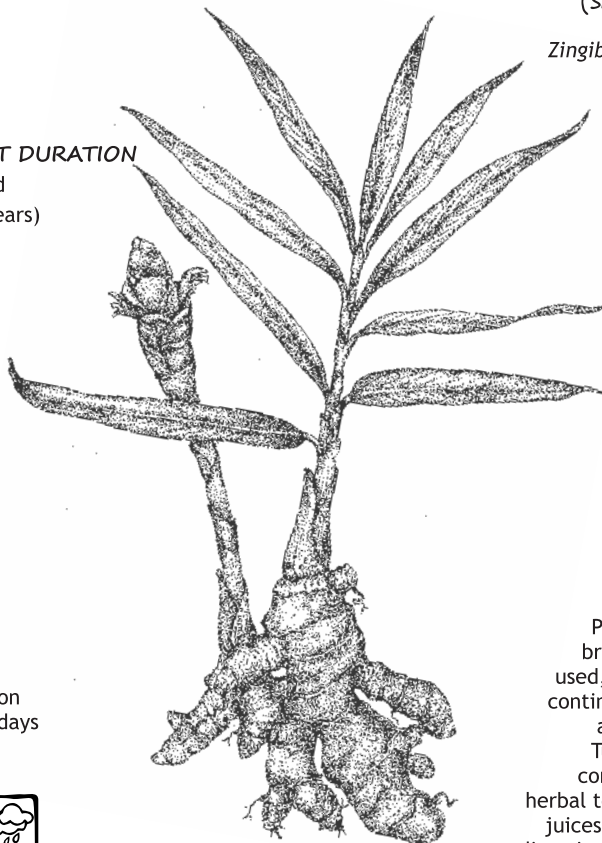
## HARVEST DURATION

year round  
(several years)

Germination  
within 15 days



MALNAD & BENGALURU



OR

SHADE

Pieces can be broken off and used, while plant continues growing and yielding.

Tuber used as condiment, for herbal teas, pickles, juices, cough mix, digestive & botanical pest control.

# mango ginger

ಮಾವಿನ ಶುಂಠಿ

(maa-vee-na shoon-tee)

*Curcuma amada*

harvest



300  
DAYS (10 months)

planting

Direct planting of  
rhizome eye buds in  
beds 6 inches apart  
with rows 1 foot  
apart, covered with  
compost and mulch



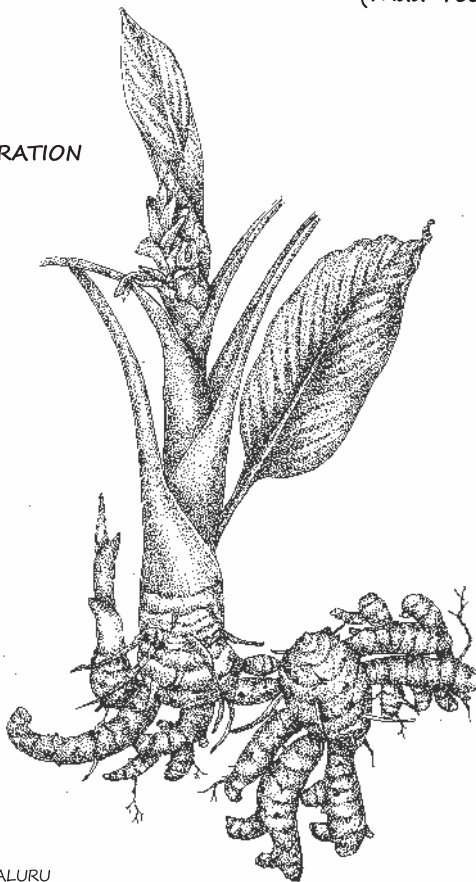
## HARVEST DURATION

year round  
(several years)

Germination  
within 15 days



MALNAD & BENGALURU



OR

SHADE

Tuber belongs to  
the ginger family.

Exudes aroma  
of unripe mango  
and used to make  
fresh chutney,  
pickle and tambuli.

# sweet potato

ಸಿಹಿ ಗೆಣಸು

(see-hee ge-na-su)

*Ipomoea batatas*

harvest



180  
DAYS (6 months)

planting

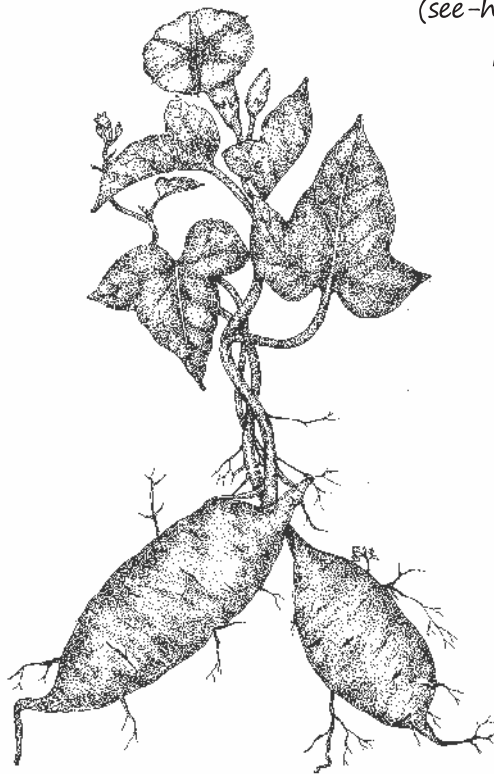
Direct planting of  
stem cuttings in  
beds 1 foot apart  
with rows also  
1 foot apart.  
Earth up for  
better production



Takes root  
within 15 days



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OR

SHADE

Root eaten steamed  
with salt and lemon, or  
as vegetable, in sambar  
and even made into holigay.  
Young leaves good as greens.



# tapioca

ಬರಗಾಲ ಗೆಣಸು  
(ba-ra-ga-la ge-na-su)

ಮರ ಗೆಣಸು  
(ma-ra ge-na-su)

*Manihot utilisima*

harvest



240  
DAYS (8 months)

planting

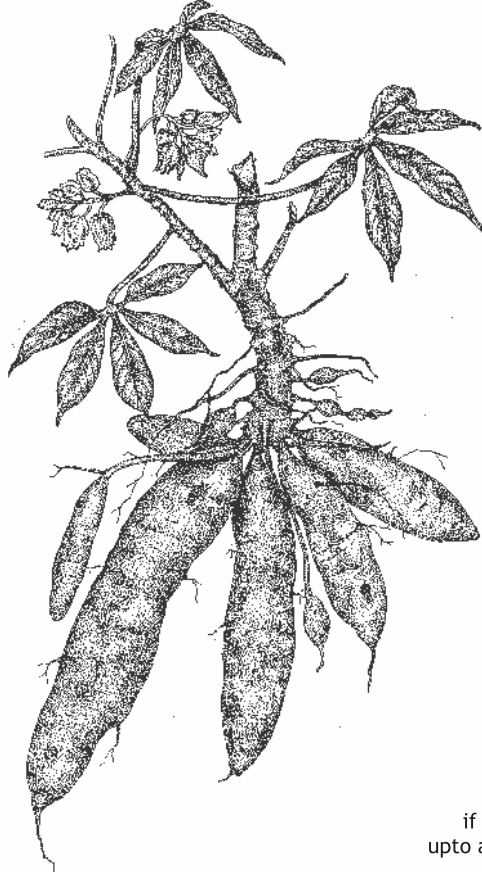
Direct planting of  
cuttings in rows  
with mulching



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Takes root  
within  
15 days



OR

SHADE

Tapioca is also  
known as cassava.

Hardy and does not  
need much care.

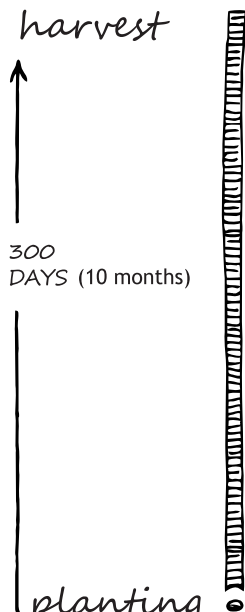
Tuber stores well  
in the soil/ground  
if attached to plant or  
upto a week post harvest.

# turmeric

ಅರಿಷಿಣ

(ah-ree-she-naa)

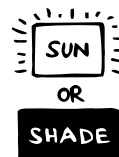
*Curcuma longa*



Germination  
within  
15 days



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Tuber highly  
medicinal.

Harvested, washed,  
cut into pieces,  
sun dried, milled, sieved  
and powder stored to  
be used as condiment.  
Fresh tuber used in cooking,  
pickles, tambuli, & gojju.

# yam

# ನೆಗಿಲು ಗೆಣಸು

(nay-gilu gay-na-soo)

*Dioscorea alata*

harvest



180  
DAYS (6 months)

planting

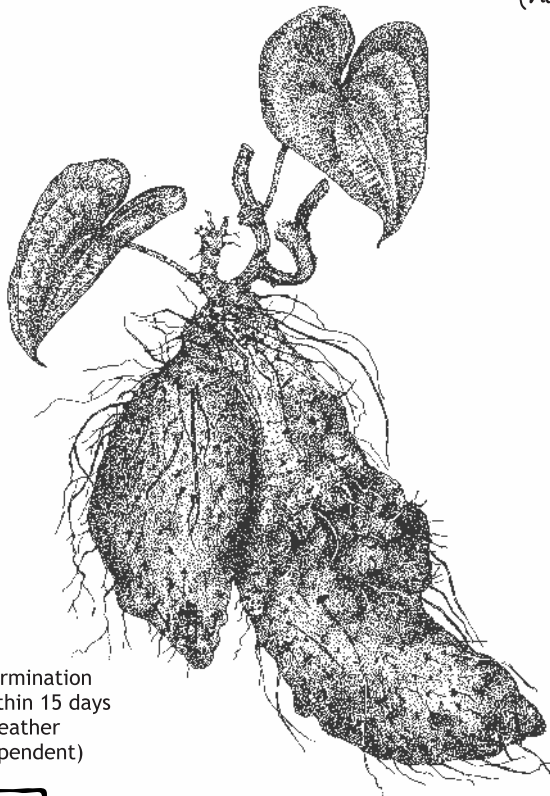
Direct planting of  
eye buds in pits,  
next to trees or  
trellis.  
Cover with  
compost/ rich  
manure



Germination  
within 15 days  
(weather  
dependent)



MALNAD & BENGALURU



SHADE

Several *Dioscorea*  
species exist  
including wild ones.  
Shelf life of harvested  
tuber up to 6 months.  
Yields aerial, edible  
tubers which can also  
be planted. Mother  
tuber eaten, roasted  
boiled or steamed.

# yam

# ಹೆಡಿಗೆ ಗೆಣಸು

(hey-dee-gay gay-na-soo)

*Dioscorea bulbifera*

harvest



240-365

DAYS

(8 months to 1 year)

planting

Direct planting of  
eye buds in pits,  
next to trees  
or trellis.

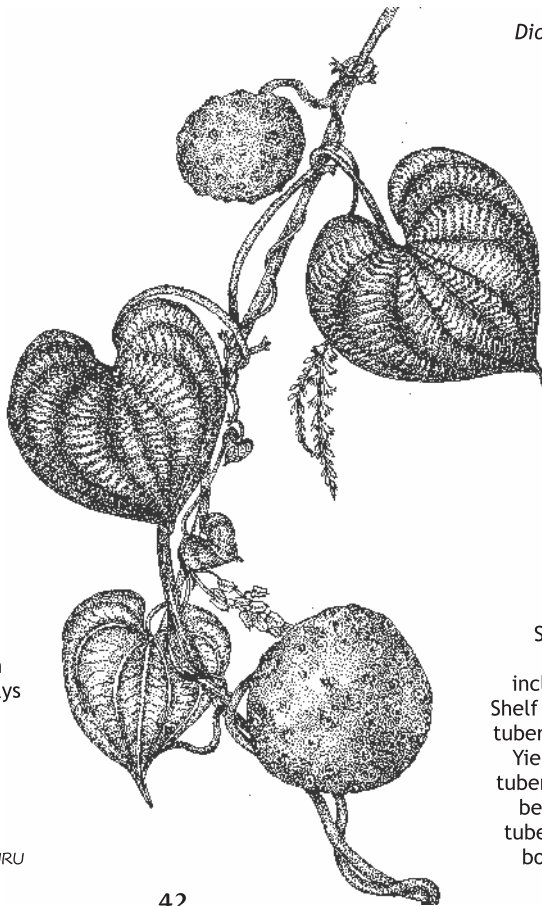
Cover with  
compost/ rich  
manure



Germination  
within 15 days  
(weather  
dependent)



MALNAD & BENGALURU



SHADE

Several Dioscorea  
species exist  
including wild ones.  
Shelf life of harvested  
tuber up to 6 months.  
Yields aerial, edible  
tubers which can also  
be planted. Mother  
tuber eaten, roasted  
boiled or steamed.

# Flowers

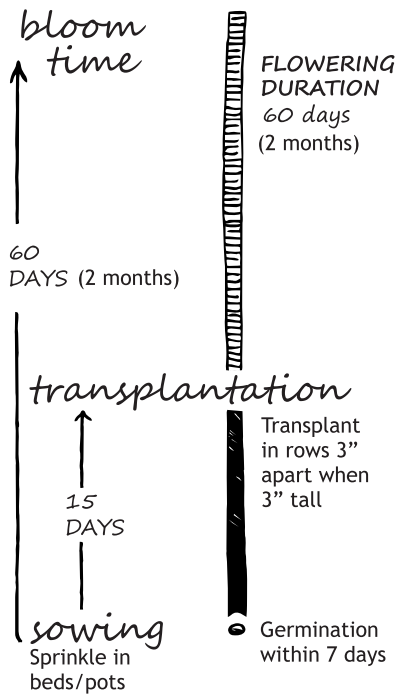
Balsam . . . . .	44
Butterfly Pea . . . . .	45
Canna . . . . .	46
Cosmos . . . . .	47
Four O'clock Flower . . . . .	48
Marigold . . . . .	49
Zinnia . . . . .	50

# balsam

ಸೋಣೆ

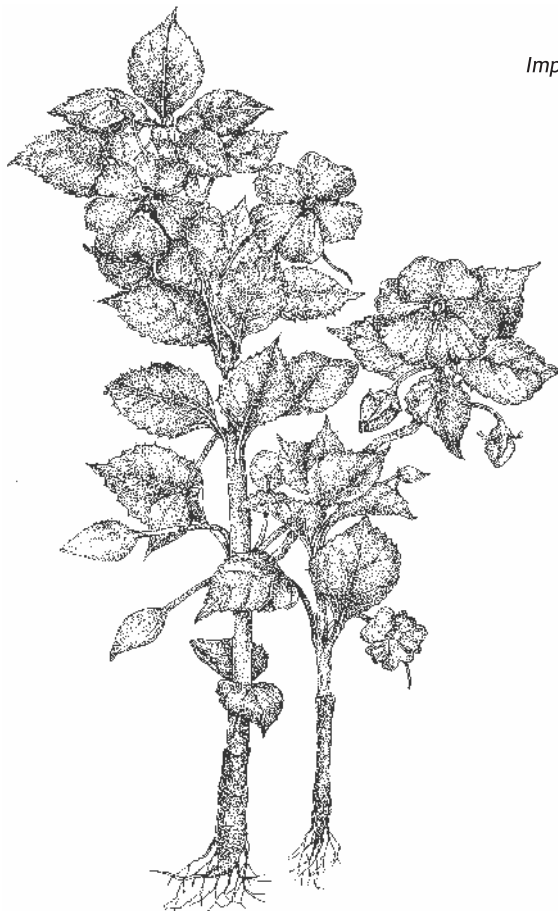
(so-nay)

*Impatiens* spp.



MALNAD

BENGALURU



# butterfly pea

ಶಂಖ ಪುಷ್ಪ

(shan-kha push-pa)

*Clitoria terneata*

bloom  
time



90  
DAYS (3 months)



sowing

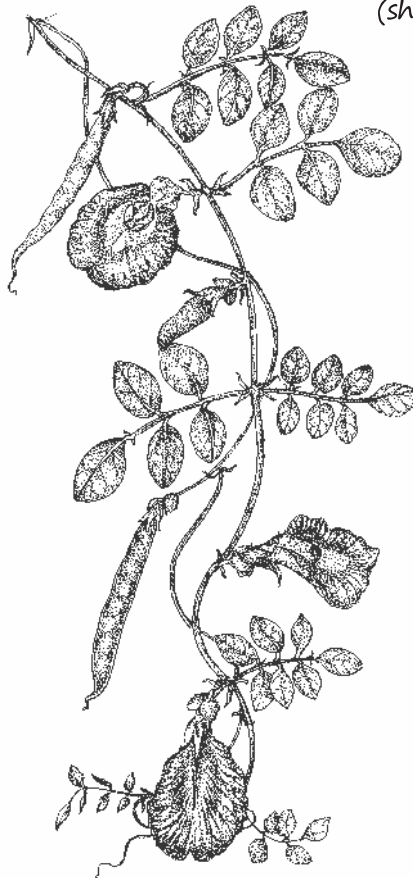
In beds/pots



FLOWERING  
DURATION

perennial that  
will flower for  
many years

● Germination  
within 8-10 days



OR

SHADE



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Flower medicinal,  
used to make juice  
and in religious  
rituals.

# canna

ಕಾಬಾಳೆ

(kaa-ba-lay)

*Canna* spp.

bloom  
time



90  
DAYS (3 months)



sowing

In beds/pots



FLOWERING DURATION

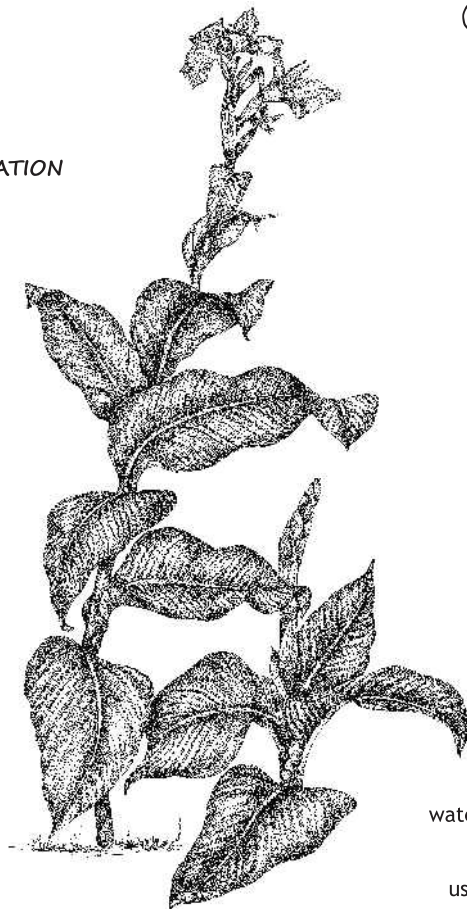
year round perennial

● Germination  
within 10 days



OR

SHADE



Thrives in  
water logged areas.

Suckers also  
used for planting.



MALNAD & BENGALURU

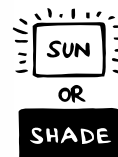
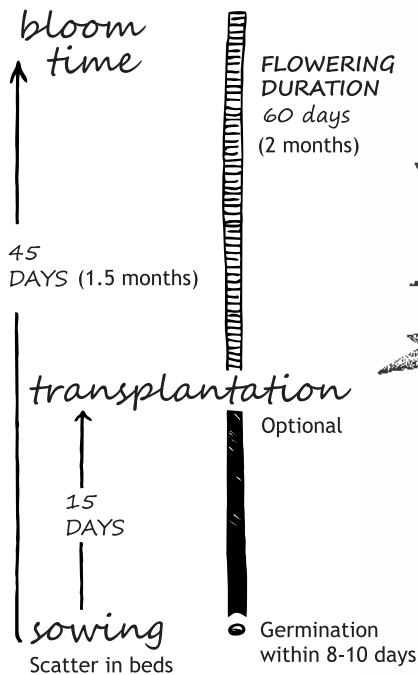


# cosmos

ಕೇತಕಿ

(kay-tha-ki)

*Cosmos* spp.



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Plants are self seeding and you can have a permanent bed of cosmos once planted.

# four O'clock flower

ಸಂಜೆ ಮಲ್ಲಿಗೆ

(san-je ma-lli-gay)

*Mirabilis jalapa*

bloom  
time



90  
DAYS (3 months)



sowing

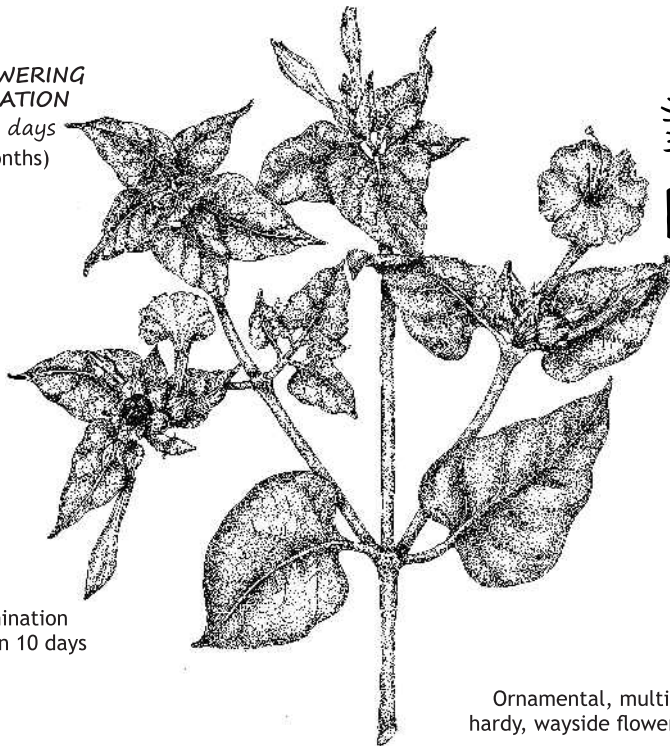
In beds/pots



FLOWERING  
DURATION

180 days  
(6 months)

Germination  
within 10 days



OR

SHADE

Ornamental, multi-coloured,  
hardy, wayside flowering plant.



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# marigold

ಚೆಂಡು ಹವು  
(chen-doo hoo-vu)

ಗೊಂಡೆ ಹವು  
(gon-day hoo-vu)

*Tagetes spp.*

bloom  
time



60  
DAYS (2 months)



FLOWERING  
DURATION  
60 days  
(2 months)

transplantation



15  
DAYS



Optional  
6" apart

sowing

Sprinkle in  
beds/pots



Germination  
within 7 days



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OR

SHADE

Hardy plant - ideal for  
borders and hedges.

Flowers and leaves have  
insecticidal properties.

Used as companion  
plants in food gardens.

# zinnia

# ಜಿನಿಯಾ

(jin-niya)

Zinnia spp.

bloom  
time

90  
DAYS (3 months)

FLOWERING  
DURATION  
60 days  
(2 months)

transplantation

15  
DAYS

Plant 10" apart  
when seedlings  
have 4 leaves  
and are able to  
stand upright

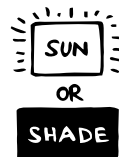
sowing

In beds/pots

Germination  
within 8-10 days



MALNAD & BENGALURU



Hardy multi-coloured  
ornamental.

Flowers stay  
a long time.

# Planting Calendar

Vegetables	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Amaranth (green)												
Amaranth (red)												
Ash Gourd												
Bean, Sword												
Bean, Winged												
Bean, Hyacinth												
Bean, Yard Long (angikase)												
Bean, 30 Day												
Bitter Gourd												
Bitter Gourd (gubbi)												
Bottle Gourd												
Brinjal (other varieties)												
Brinjal (hithalu)												
Chilli												
Cucumber, Spiny												
Cucumber, Yeray												

# Planting Calendar

<b>Vegetables</b>	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Cucumber, Maggay												
Lady's Finger												
Malabar Spinach												
Purslane												
Pumpkin												
Ridge Gourd												
Snake Gourd												
Spinach												
Sponge Gourd												
Tomato												

## **Tubers**

Arrowroot												
Colocasia (Taro)												
Elephant Foot Yam												
Ginger												
Mango Ginger												

# Planting Calendar

<b>Tubers</b>	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Sweet Potato												
Tapioca (Cassava)												
Turmeric												
Yam (Dioscorea)												

## Flowers

Balsam												
Butterfly Pea												
Canna												
Cosmos												
Four O'clock Flower												
Marigold												
Zinnia												

This is a seasonal planting chart for the Malnad where the monsoon rains are heavy (250-800 cm per annum). Bengaluru and other drier areas would have a longer planting (sowing) season.



= planting period

# Notes



# Notes

# Notes

# Notes

# Notes